



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01124, Egg, white, raw, fresh

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	87.57	12	0.124	86.8	88.13	11.0	87.293	87.838	1	Analytical or derived from analytical	--	03/2003
Energy	kcal	52	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Energy	kJ	216	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Protein ¹	g	10.90	12	0.137	10.21	11.76	11.0	10.596	11.2	1	Analytical or derived from analytical	--	03/2003
Total lipid (fat) ¹	g	0.17	12	0.018	0.07	0.29	11.0	0.127	0.206	1	Analytical or derived from analytical	--	03/2003
Ash ¹	g	0.63	12	0.029	0.41	0.79	11.0	0.571	0.698	1	Analytical or derived from analytical	--	03/2003
Carbohydrate, by difference	g	0.73	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Sugars, total ¹	g	0.71	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Sucrose ¹	g	0.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.34	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Fructose ¹	g	0.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lactose ¹	g	0.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Maltose ¹	g	0.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Galactose ¹	g	0.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Minerals													
Calcium, Ca ¹	mg	7	12	0.320	5	9	11.0	5.994	7.403	1	Analytical or derived from analytical	--	03/2003
Iron, Fe ¹	mg	0.08	12	0.004	0.07	0.13	11.0	0.069	0.088	1	Analytical or derived from analytical	--	03/2003
Magnesium, Mg ¹	mg	11	12	0.178	10	12	11.0	10.461	11.244	1	Analytical or derived from analytical	--	03/2003
Phosphorus, P ¹	mg	15	12	0.409	13	17	11.0	13.841	15.642	1	Analytical or derived from analytical	--	03/2003
Potassium, K ¹	mg	163	12	1.848	148	173	11.0	158.432	166.568	1	Analytical or derived from analytical	--	03/2003

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Sodium, Na ¹	mg	166	12	1.842	159	179	11.0	162.113	170.22	1	Analytical or derived from analytical	--	03/2003
Zinc, Zn ¹	mg	0.03	12	0.004	0.01	0.07	11.0	0.021	0.039	1	Analytical or derived from analytical	--	03/2003
Copper, Cu ¹	mg	0.023	12	0.002	0.02	0.04	11.0	0.019	0.027	1	Analytical or derived from analytical	--	03/2003
Manganese, Mn ¹	mg	0.011	12	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	01/2003
Selenium, Se ¹	µg	20.0	4	5.364	8.4	31.4	3.0	2.956	37.094	1	Analytical or derived from analytical	--	03/2003
Vitamins													
Vitamin C, total ascorbic acid ¹	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Thiamin ¹	mg	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Riboflavin ¹	mg	0.439	12	0.008	0.38	0.49	11.0	0.42	0.457	1	Analytical or derived from analytical	--	03/2003
Niacin ¹	mg	0.105	4	0.002	0.1	0.11	3.0	0.097	0.112	1	Analytical or derived from analytical	--	03/2003
Pantothenic acid ¹	mg	0.190	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 ¹	mg	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Folate, total ¹	µg	4	4	0.000	4	4	--	--	--	1	Analytical or derived from analytical	--	03/2003
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	4	4	0.000	4	4	--	--	--	1	Analytical or derived from analytical	--	12/2006
Folate, DFE	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total ¹	mg	1.1	4	0.129	--	--	--	--	--	1	Analytical or derived from analytical	--	12/2006
Betaine ¹	mg	0.3	4	0.047	--	--	--	--	--	1	Analytical or derived from analytical	--	12/2006
Vitamin B-12 ¹	µg	0.09	4	0.000	0.09	0.09	--	--	--	1	Analytical or derived from analytical	--	03/2003
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2001
Vitamin K (phylloquinone) ¹	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lipids													
Fatty acids, total saturated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1985
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

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16:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1985
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1985
18:2 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1985

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan 1	g	0.125	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Threonine 1	g	0.449	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Isoleucine 1	g	0.661	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Leucine 1	g	1.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lysine 1	g	0.806	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Methionine 1	g	0.399	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Cystine 1	g	0.287	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Phenylalanine 1	g	0.686	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Tyrosine 1	g	0.457	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Valine 1	g	0.809	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine 1	g	0.648	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Histidine 1	g	0.290	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Alanine 1	g	0.704	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Aspartic acid 1	g	1.220	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Glutamic acid 1	g	1.550	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Glycine 1	g	0.413	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Proline 1	g	0.435	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Serine 1	g	0.798	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Isoflavones													
Daidzein ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Glycitein ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6d, 2002 Beltsville MD

²Pei et al. Isoflavone content of eggs sampled in the Beltsville, Maryland Area., 2015 Unpublished data